

# Manage Your Stress with the OnTrak™ Program



OnTrak is personalized just for you. It's designed to help you improve your health and live better. If you are looking to feel calmer and more in control, OnTrak may be able to help.

Everyone experiences stress to some degree. Maybe you worry about overdue bills or feel pressured by the demands of your job. Maybe you are burdened by caring for a sick relative. Maybe you feel overwhelmed by meeting others' expectations. Stress can make you feel tired and even hopeless, like you are stuck in your circumstances.

Is stress affecting your health and peace of mind? Let OnTrak help.

## How We Help

It's time to feel better. Our mission is to support you in reaching your goals for health and well-being. OnTrak has helped many people facing difficult challenges. We are here to help you too.

The OnTrak program is a team effort. As an OnTrak member, you receive:

**Individual Care Coaching by a Nurse** – Your nurse Care Coach will listen to you and support you with compassion and without judgment. Your Care Coach is always there to encourage you toward your goals.

**One-on-one Counseling** – Your counselor will work with you on what is most important to you. Counseling may help to reduce your stress. You may discover new ways to address challenges and manage difficult situations.

**Medical Treatment** – If recommended, you may visit an OnTrak doctor or dietician for certain conditions.

OnTrak is designed for you. It's confidential and convenient. You complete the program at your own pace, on your own time.

## Want to be happier with your quality of life?

The OnTrak program may be your answer.



**1-866-517-1417**

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Note: OnTrak is available to eligible members of select health plans. If your membership with your health plan ends, you will no longer be eligible for the OnTrak program and services.